

Free yourself from beliefs and dogmas if you wish to discover your own truths, says OSHO

The unconscious mind is nine times bigger than the conscious; it has tremendous treasures, all the memories of your past. And below the unconscious, there is the collective unconscious. One can descend into the collective unconscious also — at first with somebody's help. That used to be the work of a mystery school — that the master will take you slowly towards the unconscious and the collective unconscious. In it you have memories of your past lives as animals, as birds.

Below the collective unconscious is the cosmic unconscious. Slowly, one can go deeper and reach, the cosmic unconscious, which has memories of your being trees, rose-bushes, stones.



THE SPEAKING TREE

So mind is not only that which you know; it is yours, it is there — but not easily available. There are reasons why it is not easily available. Nature makes barriers, because it would confuse you if there were no barriers between the conscious and the unconscious, and the collective unconscious and the cosmic unconscious. Even this small mind — the conscious mind — is so confusing, so disturbing. If you knew all that you have lived for millennia, from the very beginning, you would get in such a mess, in such a madness. For example, you love a woman. She may have been your mother in a past life, and if you remember it then you will be in trouble. That's the reason why nature goes on putting barriers between your past existences and allows you only this life's memories.

The beauty of the unconscious is that it never lies, it simply says whatso-



7 MINDS WORLDS

ever is the case. Then the master starts asking you where you are. Perhaps you are in the womb of your mother, perhaps you are dying in a past life somewhere. Once you answer that, he asks, "Describe it in detail," and you will describe it in detail.

Once you have succeeded in getting one life back, then with the same process you can go deeper, into other lives. There will come a barrier where

human lives stop and animal lives start: that means you have come to the collective unconscious.

Now the master needs to put you in an even deeper unconsciousness, and that can be done in your unconscious state. The first thing was done when you were conscious; it brought you to the unconscious. The second step has to be done in the same way: "I will repeat seven times that you are falling

deeper into the collective unconscious, and you will start falling." Giving a little rest, he can again ask where you are, and you may say, "I am a rosebush," or anything else that you have been. You relive it and describe it in detail. Again the barrier will come when you pass from animals, from plants, to what you call matter — because matter is also consciousness, fast asleep.



And that's the end of the journey in the lower depths of your mind. If this is completed, your consciousness will go on changing. With each new revelation your consciousness will become richer. And then a point comes — when you have travelled all the way down backwards, downward — that you can move upwards from consciousness to superconsciousness until you reach the cosmic consciousness. We are exactly in the middle. On both sides of the conscious there are three stages: below it is the unconscious, collective unconscious and the cosmic unconscious; above it is the superconscious, super-superconscious, and the cosmic conscious.

Our mind has seven worlds. To know the past, to know our background, is to know the whole history of consciousness and its evolution until this moment. But it also shows that this is not the last stage. If there is so much behind you, there must be something ahead of you. So while western psychology is working with one thing: unconsciousness, the first lower rung of the ladder, eastern psychology has worked on all the seven.

And the method to move from the conscious is hypnosis.

You contain the whole evolution — past, present, future. You have such an enormous being, and only a small window of the conscious mind is allowed... this is you.

Your vastness is denied. Your universality is denied.

So if you really want to remember, and relive, then you will have to use the method of hypnosis. Abridged from *Beyond Psychology*, Osho Times International, courtesy: Osho International Foundation, www.osho.com ■